

# CONGRATULATIONS!

## Lyall SMYRH

FOR COMPLETING THE STANDARD DISTANCE TRIATHLON

*As part of the Port Stephens Triathlon 11<sup>th</sup> May 2024*

00:11:57

1.5KM SWIM SPLIT

01:00:29

40KM BIKE SPLIT

00:41:16

10KM RUN SPLIT

01:56:25

OVERALL TIME

35-39

CATEGORY

1

CATEGORY PLACING

1

OVERALL PLACING